

# Health Professionals' Day @ the Royal Agricultural Winter Fair

Wednesday November 11, 2009

Direct Energy Centre  
Toronto, ON

11:30 am - 2:15 pm - Functional Food Lunch & Speaker Presentations

Meet at 11:30 at Be Healthy! Stage at Journey To Your Good Health (Hall B)  
& experience the many educational and entertaining exhibits

4:30 pm - Wine & Cheese Reception

COMPLIMENTARY FAIR ADMISSION & PROGRAM REGISTRATION FOR HEALTH PROFESSIONALS!  
PLUS: Upon request at time of registration, receive one complimentary Fair admission for a guest!

## Food for Healthy Aging

### LEARN

How agriculture and innovative food & nutrition research can promote healthy aging.

### MEET

World class researchers in fields of nutrition, food science and dietetics. Great opportunity to network with your peers too!

### DISCUSS

The innovative use of food to improve quality of life and well-being as we age.

Brought to you by:



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Featuring food & nutrition researchers from the University of Guelph:

Dr. Heather Keller, RD - *"Aging Well With Nutrition: What To Eat And How To Eat It"*

Dr. Lisa Duizer - *"Getting The Most Out Of Our Senses As We Age."*

Dr. Alison Duncan, RD - *"Functional Foods For Healthy Aging"*

Please register with Jessica Demeter - Program Manager, Agri-food for Healthy Aging  
[jdemeter@ria.uwaterloo.ca](mailto:jdemeter@ria.uwaterloo.ca) or 519-571-1873 Ext 126

Thanks to these sponsors of the *Journey To Your Good Health!*



Canadian Partnership for Consumer Food Safety Education  
Partenariat canadien pour la salubrité des aliments